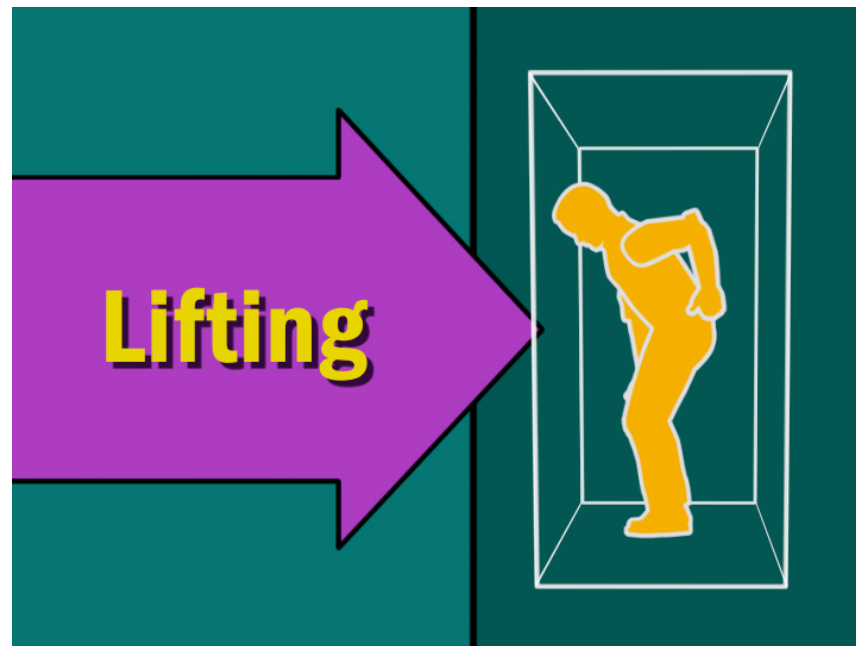


Lifting



Before you lift...take a good look at yourself!

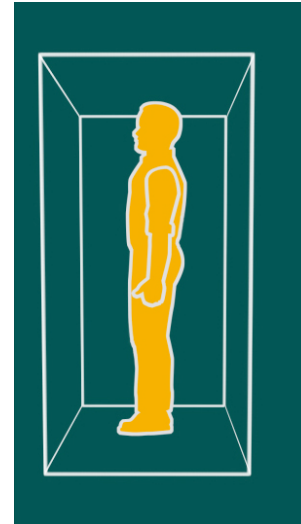
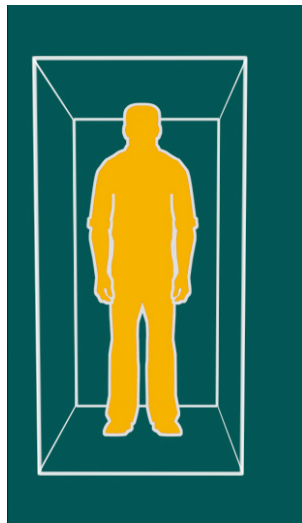
You are much more important than anything
that needs to go from here to there.



Before you lift...

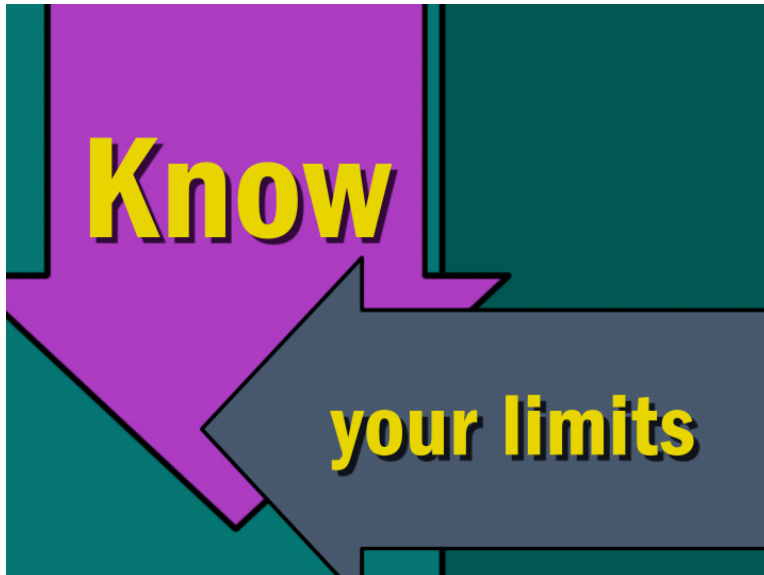
*Take good care of yourself...
by taking the time to do it right.*

- **Start by looking at yourself**
—from every direction



- **Decide how to best handle**
that box or piece of equipment.

Before you lift...

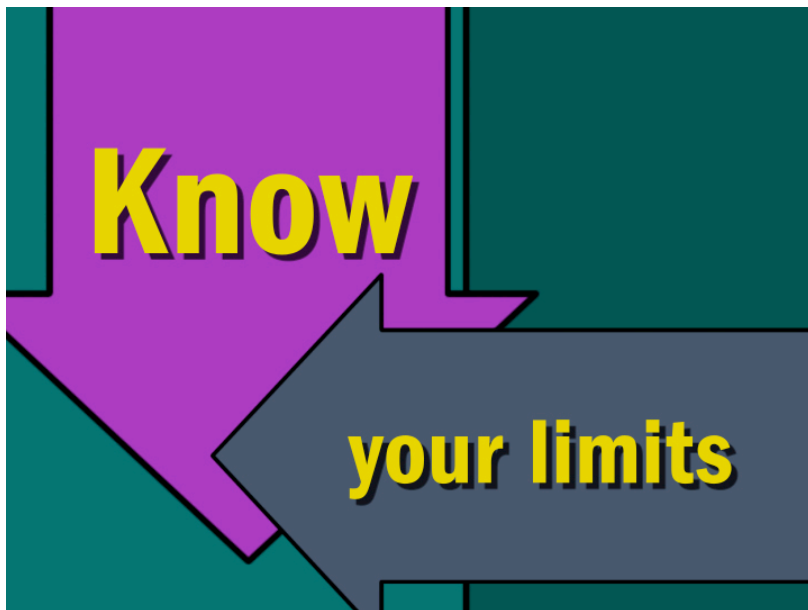


- **Know your limits**—decide if you can even lift the object safely.
- **Divide the load** into smaller, lighter loads, if needed.



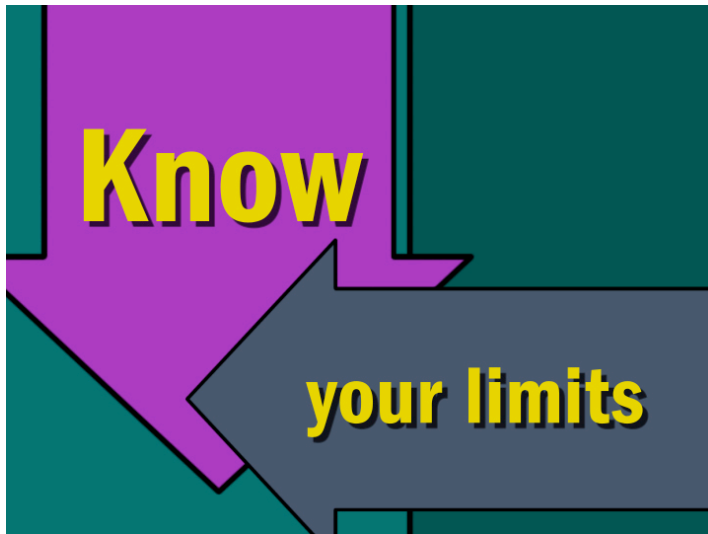
- **Use smaller, more manageable containers**, if needed.

Before you lift...



- **Consider the route you are going to take.**
 - How far you are going
 - What obstacles you might encounter
 - Where you are going to set it down.
- **Choose the safest route.**

Before you lift...

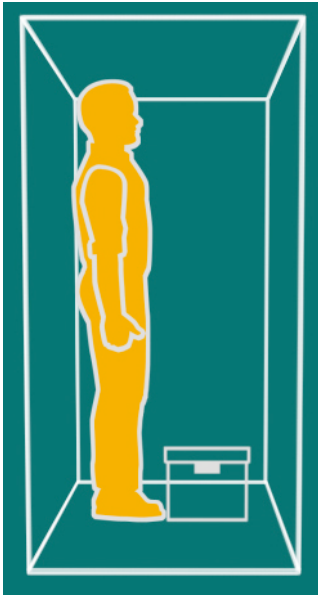


- **Use a cart or a hand truck when needed.**
- **Ask someone to help you, if needed.**



If you do decide it is safe to lift —keep looking at yourself.

- **Stand close** to the object.
- **Squat**, bending your knees —not your back.



- **Keep your head up**
- **Keep the natural curve of your back.**

If you do decide it's safe to lift —keep looking at yourself

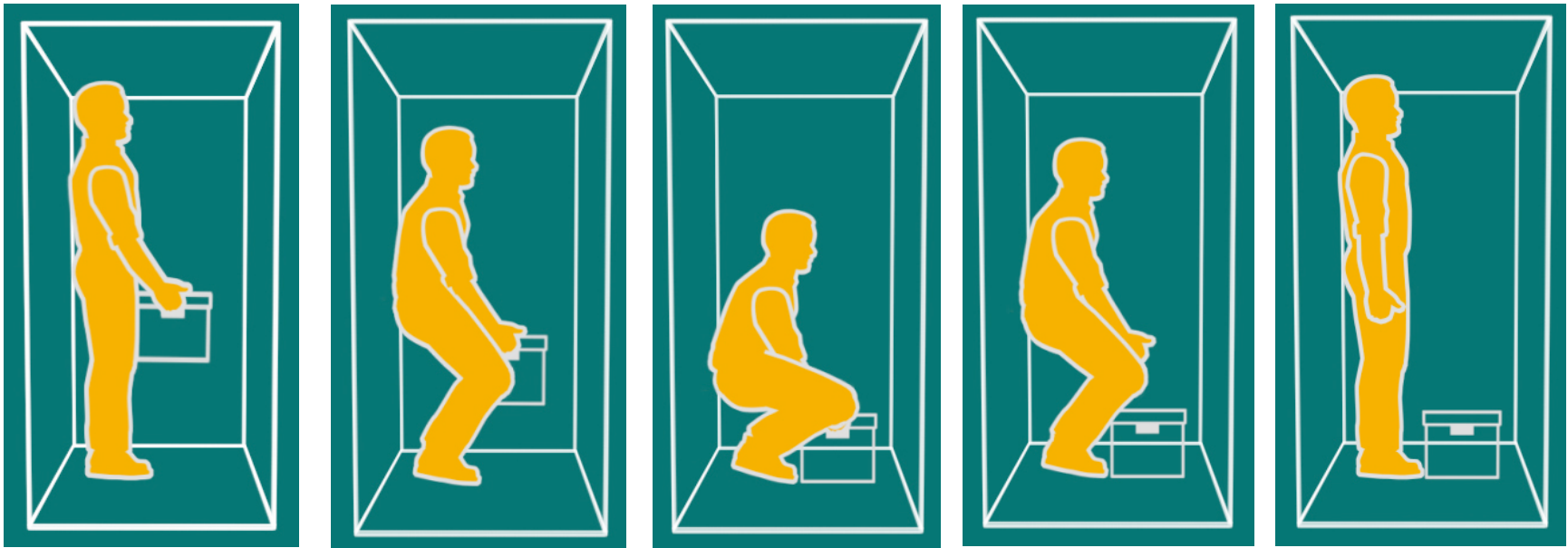
- **Contract your stomach** muscles.
- **Lift using your legs**—not your back.



- **Turn by moving your feet**—not twisting your body.
- **Keep the load close** to your body—always.

If you do decide it is safe to lift —keep looking at yourself.

- **Reverse the whole procedure** once you get to where you are going.



Take the time...

**Everyone is different
and not everyone can lift the same amount, so...**

if you do not feel comfortable about lifting an object...



Take the time...

